



Pre -Performance Routine

Do you leave your performance to chance? Well, if you must think about it, then you're probably not thinking about it! What I mean is, you should have a set routine when performing. This isn't limited to sport performances either. Taking a test, giving a speech or even starting a shift at work can all be approached with the mindset of peak performance!

A pre-performance routine helps you quantify how you get ready to perform. This allows you to recall how you went about preparing. Most times when people are asked how they did it (whether a good or bad outcome) they respond with "I don't know" or some cookie cutter answer like "I gave it my all". When we can tell you how, we can then attribute the performance to routine rather than chance and assess how to be consistent or revamp the approach. With these steps you can help alleviate some of the stress and anxiety of performing because you'll have a plan of action.

Preparation: Get your mind mentally engaged in the task at hand by physically arousing your body!

Focusing: Targeting your thoughts, vision and emotions to a place where you can be relaxed and in tune with the environment and task at hand.

Execution: Wrap up the lingering thoughts and make it happen!

Demographic Examples:

- Taking a test
- Giving a presentation or speech
- A sport performance
- Job Interview
- Going on a first date



Pre-Performance Routine Checklist

Preparation Phase

- Take 3-5 slow deep breaths (3 count on the inhale, hold 2 seconds, then 4 count on exhale).
- Perform physical cue such as a tap on the table or stretching to touch your toes. The goal is to physically alert yourself.

Physical Cue: _____

Focusing Phase

- Before taking care of business see the performance you want to have, the moves you want to make and how you want the outcome to play out. (Repeat 3x)

(For Physical Performance)

- Have a set number of repetitions (i.e. swings dribbles, etc.) every time! Doesn't have to be the same each time but go in with a number in mind. **Count:** _____

Execution Phase

- Choose a verbal cue to say before carrying out the task that allows you to clear your mind and concentrate on the situation at hand. For example, "It's just me and him, let's go!"

Mindful Verbal Cue: _____

(For Physical Performance)

- Find a focus point before the action begins. Don't aimlessly shift your gaze.

Focus Point: _____

- Choose one last verbal cue that has to do with performance but pertains to external outcomes as we don't want to bring attention to physical task. For example, "It's outta here!"

Performance Verbal Cue: _____

Now **EXECUTE**, You Got This!